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Bone and Joint Health Awareness Month

As young children our parents attempt to make sure we are getting enough calcium and vitamins to help our bones and bodies grow strong into adulthood.

As adults we tend to forget to continue to feed our bones and joints with the nutrients needed to keep our bodies healthy, to include our bones and joints. As we get older and sometimes not old at all we begin to have bone and joint issues such as arthritis and osteoporosis to name just a few.

We would like to help people understand the importance of prevention, management, as well as treatments of typical bone and joint conditions. We would love to see as many people as possible live a long and healthy life with no physical limits, which is feasible, but first we have to take care of our bodies. Sharing how you can potential lessen the common bone and joint conditions is our main goal and focus.

One of the main areas of concern as we age is Arthritis. There are two common types of Arthritis that provider's diagnosis and treat today. They include Osteoarthritis (OA) and Rheumatoid arthritis (RA).

To understand these different forms of arthritis we must first understand what arthritis is in the first place... Arthritis is defined as an umbrella term encompassing more than a hundred conditions that cause joint inflammation, pain, swelling, and stiffness.

Osteoarthritis is described as the gradual breakdown of the cartilage, which causes increased friction between the bones, which in turn causes pain, swelling, stiffness, as well as many other symptoms. This is typically seen in the weight-bearing joints, such as the knees and hips, and will normally affect older people.

Now Rheumatoid arthritis is a bit different in that this is an autoimmune type of arthritis. The body actually attacks the healthy tissues lining the joints and launches an immune response as if they were harmful stimuli. This is typically seen as inflammation. Different ways we can decrease the risk of developing arthritis include maintaining a healthy weight, exercising, limiting the consumption of processed and sugary foods, and eating anti-inflammatory foods such as tomatoes, leafy greens, whole grains, and fatty fish.



Another bone and joint issue is Osteoporosis.. This is a condition where the bones become weak and brittle, which even a mild stressor can cause your bones to break. Osteoporosis occurs when the rate of new bone being made does not keep up with the rate of the old bone being lost. Bones lose minerals like calcium.

Your body's frame becomes like the frame of a house damaged by termites.. Think of termites and how they can weaken the structure of your home and this is how osteoporosis treats your bones. Should you have severe fractures from osteoporosis there is the potential that you may never walk again. Weak bones do break easily and as we age these breaks can be fatal.

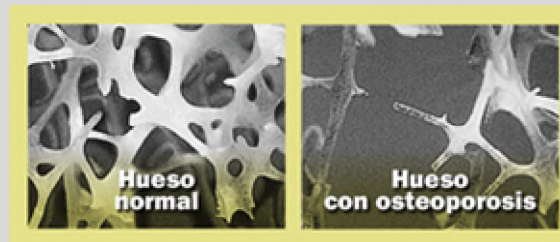
Unfortunately, Osteoporosis typically goes undetected until an individual has a fall, which leads to a bone fracture. We can help reduce our changes of osteoporosis by eating foods that are rich in calcium and vitamin D, staying active, limiting our alcohol intake and not smoking.



The good news is that we are never too old or too young to improve our bone health. Staying hydrated will help slow down the onset of degenerative disc disease. This occurs as we age and is a condition in which the spongy structures between our vertebrae, which acts as a shock absorber and helps our back remain flexible deteriorates and lose their cushioning effects.

While this cannot be prevented, we can slow it by remaining hydrated, maintaining a healthy weight and regular physical activity, which should include weight-bearing and resistance exercises can help decrease problems later. Work with your doctor to monitor for warning signs or potential risk factors.

As we age having your bones tested and taking vitamins to help strengthen your bones may be an option as well. As with any regimen you should visit with your primary care doctor and work on a healthy bone and joint plan together. All of these healthy habits affect not only our bones and joints but our overall health in general.



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Healthy Recipe

<https://www.eatingwell.com/recipe/270549/salmon-stuffed-avocados/>

Boost Your Bone Health

Healthy Recipe

By: Abbie Gellman, M.D., RD, CDN

Makes: 4 Servings

Prep: 15 minutes

Ingredients:

½ cup nonfat plain Greek yogurt

½ cup diced celery

2 tbsp. chopped fresh parsley

1 tbsp. lime juice

2 tsp mayonnaise

1 tsp Dijon mustard

1/8 tsp salt

1/8 tsp ground pepper

2 (5 oz) cans salmon, drained, flaked, skinned and bones removed

2 avocados

Chopped chives for garnish



Directions:

1. Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well.
2. Add Salmon and mix well
3. Halve avocados lengthwise and remove pits. Scoop about 1 tbsp. flesh from each avocado half into a small bowl.
4. Mash the scooped-out avocado flesh with a fork and stir into the salmon mixture.
5. Fill each avocado half with about ¼ cup of the salmon mixture, mounding it on top of the avocado halves.
6. Garnish with chives, if desired.

Nutrition

CALORIES: 293.4KCAL | **CARBOHYDRATES:** 11G | **PROTEIN:** 23G | **FAT:** 20 G | **CHOLESTEROL** 65MG | **VITAMIN A** 413 IU | **VITAMIN C** 14MG | **SATURATED FAT:** 3G | **FOLATE:** 94MCG | **FIBER:** 7G | **SUGAR:** 2G | **SODIUM** 400 MG | **CALCIUM:** 94MG | **IRON** 1MG | **MAGNESIUM:** 52MG | **POTASSIUM:** 807MG

Source: EatingWell, Updated on September 19th 2023, by: Abbie Gellman, M.S. RD, CDN

<https://www.eatingwell.com/recipe/270549/salmon-stuffed-avocados/>